

**We claim:**

- 1) A composition comprising at least the following compounds:
  - a) 800 mcg of Vitamin A, 1000 mg of Vitamin C, 400 IU of Vitamin E, 200 mcg of Vitamin K,
  - b) 10 mg of Beta carotene, 6 mg of Lutein, 5 mg of Lycopene, 100 mcg of Zeaxanthin,
  - c) 7.5 mg of Vitamin B1, 7.5 mg of Vitamin B2, 15 mg of Niacin, 15 mg of Pantothenic acid, 7.5 mg of Vitamin B6, 200 mcg of Folic acid, 6.75 mcg of Vitamin B12,
  - d) 200 mcg of Selenium, 10 mg of Zinc, 120 mcg of Chromium, 2 mg of Copper, 4 mg of Manganese, 100 mcg of Iodine, 100 mcg of Molybdenum, and
  - e) 200 mcg of Biotin, 450 mg of Betaine, 100 mg of Oligoproanthocyanidins (OPC), 150 mg of Polyphenol complex, 600 to 5000 mg of mixed Omega 3 and 6, 4 to 6 g of an Oligosaccharide (FOS) , and 4 to 6 g of insulin;wherein each compound is present in an amount not exceeding 15% (w/w) above or 15% (w/w) below the specified amount.

2) The composition of claim 1, further comprising additional substances for the purpose of stabilization and formulation of the composition.

3) The composition of claim 1, wherein the oligosaccharide (FOS) is oligo fructose or beta glucan, or a combination thereof.

4) The composition of claim 1, prepared by the process of first producing the individual compounds by chemical synthesis or isolating them from natural sources, putting the single compounds together in a suitable vessel in relative amounts as to end up with the specified amount for each compound, mixing the compounds after having put them together, and adding additional substances for stabilization and formulation of the composition.

4) The composition of claim 1, wherein the composition is provided as a food additive or in a medicament.

5) The composition of claim 4, wherein the composition is used to prevent, cure, or treat diabetes.

6) A composition comprising at least the following compounds:

a) 800 mcg of Vitamin A, 500 mg of Vitamin C, 200 IU of Vitamin E, 200 mcg of Vitamin K,

b) 10 mg of Beta carotene, 6 mg of Lutein, 5 mg of Lycopene, 100 mcg of Zeaxanthin,

c) 7.5 mg of Vitamin B1, 7.5 mg of Vitamin B2, 15 mg of Niacin, 15 mg of Pantothenic acid, 7.5 mg of Vitamin B6, 200 mcg of Folic acid, 6.75 mcg of Vitamin B12,

d) 200 mcg of Selenium, 10 mg of Zinc, 120 mcg of Chromium, 2 mg of Copper, 4 mg of Manganese, 100 mcg of Iodine, 100 mcg of Molybdenum,

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e) 200 mcg of Biotin, 250 mg of Oligoproanthocyanidins (OPC), 150 mg of Polyphenol complex, 600 mg of Omega 3, 100 mg of Co-Q10, and  
f) 1000 mg of Glucosamine;

wherein each compound is present in an amount not exceeding 15% (w/w)  
above or 15% (w/w) below the specified amount.

7) The composition of claim 6, further comprising additional substances for the purpose of stabilization and formulation of the composition.

8) The composition of claim 6, prepared by the process of producing the individual compounds by chemical synthesis or isolating them from natural sources, putting the compounds together in a suitable vessel in relative amounts as to end up with the specified amount for each compound, mixing the compounds after having put them together, and adding additional substances for stabilization and formulation of this composition.

~~9) The composition of claim 6, wherein the composition is provided as a food additive or a medicament.~~

~~10) The composition of claim 6, wherein the composition is used to prevent, cure, or treat osteo-arthritis.~~

11) A composition comprising at least the following compounds:

a) 800 mcg of Vitamin A, 500 mg of Vitamin C, 20 mcg of Vitamin D, 200 mcg of Vitamin K,  
b) 10 mg of Beta carotene, 6 mg of Lutein, 5 mg of Lycopene, 100 mcg of Zeaxanthin,  
c) 7.5 mg of Vitamin B1, 7.5 mg of Vitamin B2, 15 mg of Niacin, 15 mg of Pantothenic acid, 7.5 mg of Vitamin B6, 200 mcg of Folic acid, 6.75 mcg of Vitamin B12,  
d) 200 mcg of Selenium, 10 mg of Zinc, 100 mg of Calcium, 50 mg of Magnesium, 120 mcg of Chromium, 2 mg of Copper, 4 mg of Manganese, 100 mcg of Iodine, 100 mcg of Molybdenum,  
e) 200 mcg of Biotin, 250 mg of Oligoproanthocyanidins (OPC), 150 mg of Polyphenol complex, 40 mg of Isoflavones, 100 mg of Co-Q10, and  
f) 1000 mg of Glucosamine;  
wherein each compound is present in an amount not exceeding 15% (w/w) above or 15% (w/w) below the specified amount.

- 12) The composition of claim 11, further comprising additional substances for the purpose of stabilization and formulation of the composition.
- 13) The composition of claim 11, wherein the Isoflavone is genistein, daidzein, or a combination thereof.

14) The composition of claim 11, prepared by the process of producing the individual compounds by chemical synthesis or isolating them from natural sources, putting the compounds together in a suitable vessel in relative amounts as to end up with the specified amount for each compound, mixing the compounds after having put them together, and adding additional substances for stabilization and formulation of the composition.

15) The composition of claim 11, wherein the composition is provided as a food additive or a medicament.

16) The composition of claim 11, wherein the composition is used to prevent, cure, or treat osteoporosis.

17) A composition comprising at least the following compounds:

a) 800 mcg of Vitamin A, 1000 mg of Vitamin C, 15 mcg of Vitamin D, 400 IU of Vitamin E, 200 mcg of Vitamin K,

b) 10 mg of Beta carotene, 6 mg of Lutein, 5 mg of Lycopene, 100 mcg of Zeaxanthin,

c) 7.5 mg of Vitamin B1, 7.5 mg of Vitamin B2, 15 mg of Niacin, 15 mg of Pantothenic acid, 7.5 mg of Vitamin B6, 200 mcg of Folic acid, 6.75 mcg of Vitamin B12,

d) 200 mcg of Selenium, 10 mg of Zinc, 100 mg of Calcium, 50 mg of Magnesium, 120 mcg of Chromium, 2 mg of Copper, 4 mg of Manganese, 100 mcg of Iodine, 100 mcg of Molybdenum, and

e) 200 mcg of Biotin, 1000 mg of Betaine, 250 mg of Oligoproanthocyanidins (OPC), 150 mg of Polyphenol complex, 500 mg of curcuminoids, 100 mg of ginkgo biloba, 600 to 10,000 mg of mixed Omega 3, and 60 - 90 mg of Co-Q10; wherein each compound is present in an amount not exceeding 15% (w/w) above or 15% (w/w) below the specified amount.

18) The composition of claim 17, further comprising additional substances for the purpose of stabilization and formulation of the composition.

19) The composition of claim 17, prepared by the process of producing the individual compounds by chemical synthesis or isolating them from natural sources, putting the compounds together in a suitable vessel in relative amounts as to end up with the specified amount for each compound, mixing the compounds after having put them together, and adding additional substances for stabilization and formulation of the composition.

20) The composition of claim 17, wherein the composition is provided as a food additive or a medicament.

21) The composition of claim 17, wherein the composition is used to prevent, cure, or treat asthma.

22) A composition comprising at least the following compounds:

a) 800 mcg of Vitamin A, 500 mg of Vitamin C, 200 IU of Vitamin E, 200 mcg of Vitamin K,

b) 10 mg of Beta carotene, 6 mg of Lutein, 5 mg of Lycopene, 100 mcg of Zeaxanthin,

c) 7.5 mg of Vitamin B1, 7.5 mg of Vitamin B2, 15 mg of Niacin, 15 mg of Pantothenic acid, 7.5 mg of Vitamin B6, 200 mcg of Folic acid, 6.75 mcg of Vitamin B12,

d) 200 mcg of Selenium, 10 mg of Zinc, 120 mcg of Chromium, 2 mg of Copper, 4 mg of Manganese, 100 mcg of Iodine, 100 mcg of Molybdenum, and

e) 200 mcg of Biotin, 1000 mg of Betaine, 250 mg of Oligoproanthocyanidins (OPC), 150 mg of Polyphenol complex, 40 mg of Isoflavones, 600 mg of Omega 3, 4 to 6 g of Oligosaccharides (FOS), 4 to 6 g of insulin, and 60 - 90 mg of Co-Q10;

wherein each compound is present in an amount not exceeding 15% (w/w) above or 15% (w/w) below the specified amount.

23) The composition of claim 22, further comprising additional substances for the purpose of stabilization and formulation of the composition.

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24) The composition of claim 22, wherein the oligosaccharide (FOS) is oligo fructose or beta glucan, or a combination thereof.

25) The composition of claim 22, wherein the isoflavone is genistein, daidzein, or a combination thereof.

26) The composition of claim 22, prepared by the process of first producing the individual compounds by chemical synthesis or isolating them from natural sources, putting the single compounds together in a suitable vessel in relative amounts as to end up with the specified amount for each compound, mixing the compounds after having put them together, and adding additional substances for stabilization and formulation of the composition.

~~27) The composition of claim 22, wherein the composition is provided as a food additive or in a medicament.~~

~~28) The composition of claim 22, wherein the composition is used to prevent, cure, or treat mental decline.~~

29) A composition comprising at least the following compounds:  
a) 800 mcg of Vitamin A, 500 mg of Vitamin C, 400 IU of Vitamin E, 50 mcg of Vitamin K,

b) 10 mg of Beta carotene, 6 mg of Lutein, 5 mg of Lycopene, 100 mcg of Zeaxanthin,

c) 7.5 mg of Vitamin B1, 7.5 mg of Vitamin B2, 15 mg of Niacin, 15 mg of Pantothenic acid, 7.5 mg of Vitamin B6, 200 mcg of Folic acid, 6.75 mcg of Vitamin B12,

d) 150 mcg of Selenium, 10 mg of Zinc, 120 mcg of Chromium, 2 mg of Copper, 4 mg of Manganese, 100 mcg of Iodine, 100 mcg of Molybdenum, and

e) 200 mcg of Biotin, 500 - 1000 mg of Betaine, 100 mg of Oligoproanthocyanidins (OPC), and 150 mg of Polyphenol complex; wherein each compound is present in an amount not exceeding 15% (w/w) above or 15% (w/w) below the specified amount.

30) The composition of claim 29, further comprising additional substances for the purpose of stabilization and formulation of the composition.

31) The composition of claim 29, prepared by the process of producing the individual compounds by chemical synthesis or isolating them from natural sources, putting the compounds together in a suitable vessel in relative amounts as to end up with the specified amount for each compound, mixing the compounds after having put them together, and adding additional substances for stabilization and formulation of this composition.

~~32)~~ The composition of claim 29, wherein the composition is provided as a food additive or a medicament.

~~33)~~ The composition of claim 29, wherein the composition is used to prevent, cure, or treat age-related eye disorders.

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